

WASHINGTON STATE FIRST STEPS NEWS

A newsletter for Maternity Support Services and Infant Case Management Providers



Issue 3
May 2006

FIRST STEPS AUTOMATION PROJECT

*Submitted by Jan Crayk, Maternal and Infant Health Consultant,
Department of Health*

The First Steps Charting and Documentation requirements are now in the fifth month of implementation. Significant effort was put into developing the paper forms as a first step toward standardizing documentation of client services. Providers are now using the forms and providing feedback for a future revision. One of the objectives of standardization is laying the groundwork for collecting, managing and analyzing comparable data electronically.

As you know, First Steps has been exploring the possibility of a computerized documentation system. The first phase of this work was defining the basic requirements of such a system. As a result of the requirements project, the following recommendations were approved:

- A system to computerize First Steps client service information that coordinates with and takes advantage of electronic health record systems currently in use or being purchased/developed by First Steps providers;
- A phased approach is necessary to realize the vision of a system that would meet state and local needs; and
- The project should begin with a centralized data warehouse to store and retrieve data.

In order to proceed with the development of a centralized data warehouse, the *detail design* step must be completed. Part of *detail design* is to agree upon the data and definitions that will be a part of the system. The First Steps program has received permission to proceed with *detail design* for computerizing First Steps documentation. In this phase we will continue the work begun in the requirements phase. Don Cotey, Information Technology Consultant, will continue working with us to develop the details of the planned system. This step will answer the questions many of you have been asking as you purchase/design/refine your own systems. After the *detail design* step is complete, further progress on the project will depend on funding.

Jan Crayk is lead on this project and is working with Don Cotey and the First Steps Systems Requirement Advisory Group. Upon completion of *detail design* phase, a document will be produced that software vendors can use as a reference for the electronic systems they are developing for First Steps providers. Please contact Jan Crayk at Janice.Crayk@doh.wa.gov with questions.

In this Issue:

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- Using the On-Line General Store
- WA DASA – PPW w/ CD Issues
- FS Database – Maternal Alcohol & Drug Abuse Reports
- First Steps Flow Chart



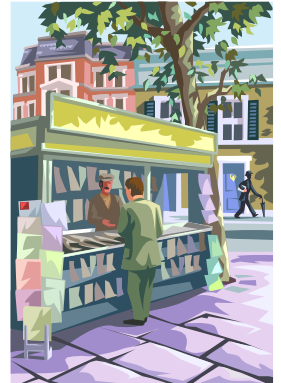
Corrections from Issue 2:

- Janice Crayk's email address was incorrect. She is the Maternal and Infant Health Consultant with the Department of Health. Her correct email address is Janice.Crayk@doh.wa.gov.
- Family Planning Performance Measure procedure code was outdated. The correct code as of October, 2003 is T1023 HD.
- Tobacco Cessation during Pregnancy Performance Measure procedure code is S 9075 HD (*the HD was missing from the article in the last newsletter*).
- Free & Clear, Client Services Manager Miriam Philby's correct email address is Miriam.philby@freeclear.com

USING THE ON-LINE GENERAL STORE TO ORDER FIRST STEPS BROCHURES

Submitted by Lenore Lawrence, First Steps Program Manager, DSHS

1. Go to the Department of Printing website at www.prt.wa.gov
2. Click on "General Store". Register if you are new to the site or sign in. Write down your login for future use.
3. You will be given an option to shop by agency or item type. Click on agency.
4. Click on Department of Social and Health Services, Health and Recovery Services Administration, then Publications. You will then see a list of publications by publication number. Scroll down to the First Steps brochure, 22-711(x).
5. Select it and place it in your shopping cart by clicking on the "Add to Cart" button.



VERY IMPORTANT!! YOU MUST click on the update cart button located below your list of items in your cart. If the button is not visible due to multiple items being in your cart, use the scroll buttons on the right to scroll down until it is visible. If you do not click on the "update cart" button, the program will only see the default number of 1 and will send you only 1.

You may continue shopping and adding items to your shopping cart or you may "Check Out."

Enter shipping information. Be sure the first time you use the shopping cart, you enter your primary shipping information. This will be Address 1 and the default information that will appear each time you check out. You may add other addresses by selecting "New Address" in the "Select Address" window and filling in the information. Enter the new address number and it will fill in automatically when you choose that address number. Then click the "Total" button.

The preferred method of ordering is online through the Department of Printing's General Store. You may also send orders by email to fulfillment@prt.wa.gov, by phone at 360-586-6360, or fax at 360-586-8831. Please order online if at all possible.

Useful web addresses:

MAA Publications website: <http://fortress.wa.gov/dshs/maa/CustomerPublications/>

DSHS Forms: <http://www1.dshs.wa.gov/msa/forms/>

TOBACCO TRAINING ANNOUNCEMENT

Submitted by Kathi Lloyd, Health Education Consultant, Dept of Health

The "Tobacco 101" trainings are scheduled for Seattle and Spokane in June, 2006. Registration forms will be sent to the Coordinators email distribution list. *All First Steps staff are required to attend one Performance Measure training. The training is offered every year.*





EDITOR'S NOTES

Submitted by Maureen (Mo) Lally

As First Steps providers, you are well aware that the earlier a pregnant woman's problems with drugs or alcohol are identified in pregnancy, the earlier she can begin treatment with better chances to deliver a drug-free infant. The following two articles are intended to underscore the importance of early identification and intervention for pregnant and parenting women with chemical dependency issues.

The first article by Sue Green, DSHS Family Services Manager, discusses the Division of Alcohol and Substance Abuse (DASA), its programs, and how to access services. The second article is written by Laurie Cawthon, Research and Data Analysis, DSHS. She gives a historical perspective of the First Steps Database involvement with maternal alcohol and drug abuse reports and birth outcomes for pregnant substance abusers since the inception of the First Steps Database in January, 1990.

WASHINGTON STATE DIVISION OF ALCOHOL AND SUBSTANCE ABUSE - PREGNANT AND PARENTING WOMEN (PPW) WITH CHEMICAL DEPENDENCY ISSUES

Submitted by Sue Green, Family Services Manager, Division of Alcohol and Substance Abuse (DASA)

What does DASA offer?

- Chemical dependency treatment for women that includes the families, especially the babies and toddlers.
- Intervention with a chemically dependent woman may *prevent an unintended pregnancy*, which could lead to a baby that is drug- or alcohol- exposed.
- Intervention with a pregnant chemically dependent woman, which may *prevent a drug or alcohol exposed baby*.
- Priority access into outpatient and residential chemical dependency treatment services.
- Resources regarding Fetal Alcohol Spectrum Disorders (FASD)



PPW Residential Chemical Dependency Programs

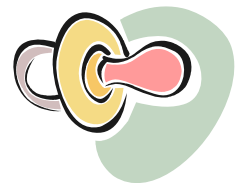
10 sites statewide, (150 beds total)

- Chemical dependency treatment services for pregnant, postpartum, and parenting women.
 - Addresses the issues specific to women in relation to chemical dependency and their children.
 - Service provision and length of stay is variable and is determined by the needs of the woman.
 - Maximum length of stay is six months.

Therapeutic Childcare

Available in 9 of the PPW Residential Chemical Dependency Programs (130 slots)

- Developmental assessment
- Play therapy
- Behavioral modification
- Individual counseling
- Self esteem building
- Family intervention to modify parenting behavior and/or the child's environment to eliminate/prevent the child's dysfunctional behavior
- Parent education and parenting plan



Chemical Using Pregnant (CUP) Detoxification

- DSHS-funded inpatient hospital program for acute detoxification and medical stabilization of pregnant chemically dependent women and their fetuses. Provides both medical and drug/alcohol treatment services at pre-approved hospitals statewide.
- Available at:
- Grays Harbor Community Hospital/Aberdeen (360-533-8500)
- Swedish Medical Center/Ballard (206-781-6350)
- Providence Medical Center/Everett (425-258-7390)
- Valley General Hospital/Monroe (360-794-1405)
- St. Peter Hospital/Lacey (360-456-7575)



Outpatient Chemical Dependency Treatment Services, many agencies provide specific services to meet the needs of PPW that may include on-site or off-site childcare.

PPW Housing Support Services Programs

11 sites statewide (149 support services slots)

- Up to 18 months of housing support services for women who are pregnant, postpartum, or parenting, and for their children who reside in drug and alcohol free residences.
- These services are classified as support services, rather than treatment services.

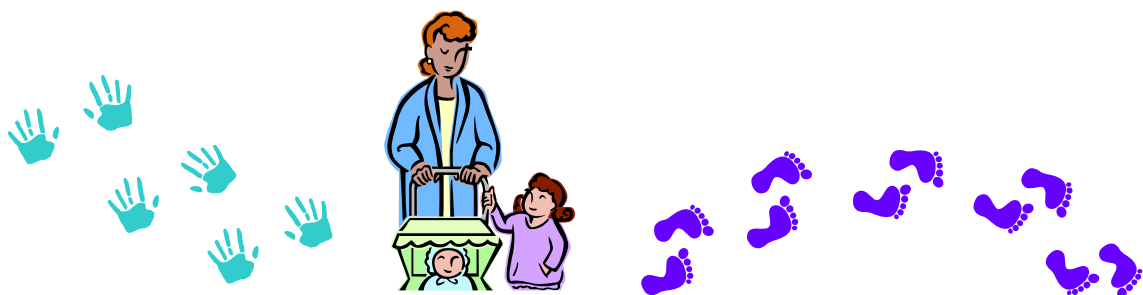
Crisis Nurseries (Yakima and King Counties)

- Crisis nursery services to children of parents with chemical dependency issues.
- Care for children birth through six years of age, while their parents participate in chemical dependency services.
- Includes both day childcare and respite care.



Parent Child Assistance Program (PCAP)

- Available in King, Pierce, Yakima, Cowlitz, Spokane, and Grant Counties
- 90 slots at each site, for a total of 450 statewide (Spokane and Grant are considered one site)
- For the highest risk women who abuse alcohol and/or drugs during pregnancy.
- These women are not typically successful or effectively engaged with other community service providers.
- Paraprofessional advocacy services for up to the target child's third birthday.
- Identification and prioritization of realistic goals, steps to meet goals, and evaluation of progress towards goals.
- Referral to chemical dependency treatment, recovery, and follow-up, to include residential and outpatient treatment.
- Support for utilization of local resources.
- Provision of funds for food, unmet health needs, other necessities, and incentives as needed.



Safe Babies Safe Moms

- Available in Snohomish, Benton-Franklin, and Whatcom Counties
- 270 slots statewide
- For the highest risk women who abuse alcohol and/or drugs during pregnancy.
- Comprehensive program that includes:
 - PPW Residential and Outpatient Chemical Dependency Treatment
 - PPW Housing Support Services
 - Targeted Intensive Case Management (TICM) up to three years.
- Intensive case management and behavior rehabilitative services for pregnant and parenting alcohol and drug abusing women.
- For women who have a history of multiple systems involvement and need services of longer duration and greater intensity than women enrolled in or served by other resources.
- Children of these women may suffer from developmental disabilities and behavioral/emotional disorders that prevent them from functioning normally in their home, communities, and other settings.



Parent Trust

- Family support groups for families recovering from chemical dependency.
- Using a family support philosophy and creating community networks with family support agencies in participating communities.
- Develop and maintain Families in Recovery groups, which provide family support and skills development with specific focus on the parenting and family issues of recovering families.
- Available in most of the PPW residential chemical dependency treatment programs.

Fetal Alcohol Syndrome Diagnostic and Prevention Network (FASDPN)

- Community and Professional Training – University of Washington
- Regional Network Site Training (Spokane, Yakima, Pullman, and Everett)
- Trainings include:
 - Fetal alcohol related diagnosis;
 - The roles in providing complex intervention needs for individuals diagnosed with fetal alcohol related issues;
 - How to identify birth mothers of children diagnosed with prenatal alcohol damage and assist them in avoiding subsequent fetal alcohol- exposed births by referral to existing alcohol treatment and/or family planning programs.



Iceberg Newsletter

Iceberg is a quarterly international educational newsletter on FASD (Fetal Alcohol Spectrum Disorders) published by the Fetal Alcohol Syndrome Information Services (FASIS), a parent/professional partnership.

“Because the problems we readily see are only the tip of the iceberg.”



Fetal Alcohol Syndrome Family Resource Institute (FAS*FRI)

- Provides the citizens of the State of Washington a service dedicated to improving the lives of children and families impacted by fetal alcohol exposure.
- Provided from the viewpoint of parents who have been directly affected by fetal alcohol exposure, whether they are birth, adoptive, foster, grand, or step parents.
- Training
- Advocates
- Information and resources
- 1-800-999-3429
- Newsletter publisher (quarterly)
- *FAS Times*
- Assists with FASD conference planning



Fetal Alcohol Syndrome Interagency Workgroup (FASIAWG)

- Established by the Legislature in 1995
- Legislatively mandated state agencies that attend:
 - DSHS (DASA, CA, MAA, JRA, DDD, MHD)
 - DOC
 - OSPI
 - DOH
- The state agencies listed above executed an interagency agreement to ensure the coordination of identification, prevention, and intervention programs for children who have fetal alcohol exposure, and for women who are at high risk of having children with fetal alcohol exposure.
- A process for community advocacy groups to participate in the review and development of identification, prevention, and intervention programs administered or contracted for by the agencies executing the agreement.

How to Access Services

- Direct admission into PPW Residential or CUP sites
- Can access through an ADATSA Assessment Entity
- PPW Resource Guide
- 24 Hour Alcohol/Drug Helpline at 1-800-562-1240

Websites

DASA <http://www1.dshs.wa.gov/DASA/>
DASA Greenbook (*directory of all DASA certified programs statewide*)
<http://www1.dshs.wa.gov/DASA/services/certification/GB.shtml>
FASDPN <http://depts.washington.edu/fasdpn/>
FASD Center for Excellence <http://www.fascenter.samhsa.gov/>
FAS*FRI <http://www.fetalalcoholsyndrome.org/>
Iceberg Newsletter/FASIS <http://www.fasiceberg.org/>
Parent Trust <http://www.parenttrust.org/>
PCAP <http://depts.washington.edu/fadu/>
Washington State Alcohol/Drug Clearinghouse <http://clearinghouse.adhl.org>
Washington State Fetal Alcohol Spectrum Disorders
(includes FASIAWG) <http://www.fasdwa.org>

Additional Information

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MATERNAL ALCOHOL AND DRUG ABUSE REPORTS FROM THE FIRST STEPS DATABASE *Submitted by Laurie Cawthon, MD, MPH*



Since the First Steps Database began in January 1990, use of alcohol and other drugs among pregnant women has been recognized as a key risk factor for poor birth outcomes. New statutes in 1989 included both the Omnibus Drug Act, which gave pregnant substance abusing pregnant and parenting women priority for receiving treatment services, and the Maternity Care Access Act (First Steps). Consequently, reports from the FSDB have focused on birth outcomes for pregnant substance abusers as well as low-income pregnant women served by First Steps.

As early as 1991, the FSDB developed analytical methods to identify pregnant substance abusers by using diagnoses listed by medical providers on Medicaid claims. In 1993, the FSDB began linking birth certificate and Medicaid claims data to the treatment encounter database of the Division of Alcohol and Substance Abuse. *Substance Abuse Treatment for Female DASA Clients* (Report Number 4.23) showed that treatment works: the low birth weight rate for infants who received treatment for chemical dependency during the prenatal period (8.7%) was lower than that for women with identified but untreated chemical dependency (12.9%) and for women who first received treatment in the postpartum period (13.9%). The low birth weight rate for all three of these groups of identified substance abusers was higher than that for other Medicaid women (5.3%).

In 1995, another study from the FSDB confirmed these findings and added outcomes related to child abuse and neglect by linking the CAMIS database of the DSHS Children's Administration to the FSDB. These analyses showed that the rate of out-of-home placement for infants born to substance abusing women (13.6% to 21.6%) were more than seven times the rate for infants born to Medicaid women not identified as abusing drugs or alcohol (1.9%) and over fifty times the rate of non-Medicaid infants. In addition, one-third to one-half of infants born to substance abusing women had been referred to Child Protective Services for child abuse or neglect during the first year of life.

In 1996, the FSDB staff published its first report about Washington's Medicaid waiver to improve health outcomes for pregnant substance abusing women and their infants, *First Steps PLUS: Yakima First Steps Mobilization Project for Pregnant Substance Abusers - An Interim Evaluation Report* (Report Number 7.71A). This report describes key methods for improving coordination and linkages between maternity care and chemical dependency treatment providers, increasing the range of treatment options for pregnant substance abusers, and augmenting the content of treatment for chemical dependency among pregnant women.

The next series of reports describe comprehensive programs for pregnant women who used alcohol and other drugs, including a proposal for such a program in Washington State, program development, and implementation including data on client needs, characteristics, and outcomes.

In response to RCW 13.34.803, in *A Comprehensive Program for Alcohol and Drug Abusing Mothers and Their Young Children* (1999) (Report Number 7.98) DOH and DSHS summarize a proposed comprehensive program for Medicaid-eligible women who give birth to drug- or alcohol-exposed infants. This report includes a literature review, inventory of program services and gaps, fiscal impact analysis, and data from the FSDB. Funds were subsequently allocated in the State budget to implement such a comprehensive program, now known as Safe Babies, Safe Moms (*Solutions for Chemically Dependent Women and Their Families*).

The FSDB was responsible for the evaluation of Safe Babies, Safe Moms and, from 2000 to 2004, published two process evaluation reports (*Report Number 4.36a and Report Number 4.36b*), two fact sheets (*Report Number 4.36c and Report Number 4.36d*), an outcome evaluation report (*Report Number 4.36e*), and a fact sheet to update the outcome evaluation (*Report Number 4.36f*). These reports describe the challenges of developing a comprehensive program with a multi-disciplinary approach, the profound and complex needs of this client population, and the program's success in improving birth outcomes and reducing CPS referrals when women enroll in the program before delivery. The low birth weight rate for infants whose mothers enrolled before delivery decreased by 66% compared to those whose mothers enrolled after delivery. Similarly, the rate of accepted CPS referrals during the first year of life decreased by 35% for infants whose mothers enrolled before delivery compared to those enrolled after delivery.



The findings from all these reports emphasize the importance of early identification of chemical dependency. The earlier in pregnancy that a pregnant woman's problems with drugs or alcohol are identified, the sooner she can begin recovery with treatment for chemical dependency and supportive services, and the better her chances of becoming abstinent and drug-free and delivering a healthy and drug-free infant.

Additional RDA reports about alcohol and substance abuse are available on the RDA webpage at <http://www1.dshs.wa.gov/rda/research/default.shtm>. Print copies of older reports from the FSDB may be requested from DSHS Research and Data Analysis (phone 360 902-0707).



First Steps DSHS staff in Olympia have moved into a new building. As part of the consolidation process, the separate First Steps PO Box (45730) has been retired!

Immediately, please use the following address for all mail sent to:

- First Steps Childcare
- First Steps Infant Case Management
- First Steps Clearinghouse

**P.O. Box 45530
Olympia, WA 98504-5530**



FIRST STEPS SERVICES

April 26, 2006

MSS

Maternity Support Services

ICM

Infant Case Management

ALL pregnant women covered by Medicaid

← WHO GETS IT? →

Infants at high-risk and their biological parents who are Medicaid eligible

Preventive Health Services:

Assessment

Education

Intervention

Case Management

- Referrals
- Linkages
- Advocacy

WHAT DO THEY GET?

Referrals: Providing information to clients that will assist them in receiving medical, social, educational, or other services.

Linkages: Networking and/or collaboration between agencies in order to assure proper referral of clients and avoid duplication of services. [WAC 388-533-0315]

Advocacy: Actions taken to support the parent(s) in accessing needed services or goods and helps the parent(s) to develop skills to access services [WAC 388-533-0315]

Pregnancy to 2 months post pregnancy

← WHEN DO THEY GET IT? →

Infant 3 to 12 months old

Public Health Nurse
Registered Dietitian
Behavioral Health Specialist
Assisted by:
Community Health Worker

WHO DOES IT?

ICM may be offered by a member of the MSS team
OR
Offered by paraprofessional staff under the close supervision of a professional team member

WHERE DOES IT HAPPEN?

- Offices in which a social or health agency resides
- Homes
- Other Places

The pregnant woman can learn more about First Steps from:

- The local DSHS Community Service Office (CSO)
- Family Health Hotline, 1-800-322-2588 (TDD 1-800-833-6388)
- WIC Offices
- The First Steps website <http://fortress.wa.gov/dshs/maa/firststeps>